

Emergency Quick Card

Fill in, print, keep in your wallet, bag and by the door.

About me

Name	
Date of birth	
Blood type	
Allergies	
Medical conditions	
Medications and doses	
Emergency contact 1 (local): name and phone	
Emergency contact 2 (out of area): name and phone	
Meeting point near home	
Meeting point outside the neighbourhood	
Local emergency number(s)	

First actions in any emergency

1. Stay calm. Stop and look around.
2. Check for danger: fire, gas, collapse, shooting, flood water. Move away only if staying is more dangerous.
3. Get help: call or text the local emergency number, or send someone.
4. Treat life threats first: heavy bleeding, not breathing, choking.
5. Get to shelter: protection from danger, weather and cold.
6. Secure safe water, then food.

Survival priorities (rough guide)

People can survive about 3 minutes without air, 3 hours without shelter in harsh weather, 3 days without water and 3 weeks without food. Use this to decide what to do first. Real limits vary.

Signals for help

- Three of anything: 3 whistle blasts, 3 flashes of light, 3 fires in a triangle.
- SOS: ... --- ... (3 short, 3 long, 3 short) by light, sound or tapping.
- Ground-to-air: a large V = need help; a large X = need medical help. Make it big (3+ metres) and in contrast to the ground.
- If trapped: tap on a pipe or wall and use a whistle. Shout only when you hear rescuers (saves energy, avoids dust).

Two things to remember

WARNING Water: if unsure, boil it. Use a rolling boil for 1 minute (3 minutes above 2,000 m). Let it cool, keep it covered.

DANGER Heavy bleeding: press hard on the wound with both hands and do not let go until help arrives.



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Survival guides, offline maps, family plan, checklists and an offline AI assistant on your phone. Works without internet or signal. More free printable guides online.

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Sources:

- Ready.gov / FEMA: Build a Kit, Make a Plan (ready.gov)
- IFRC: International First Aid, Resuscitation and Education Guidelines 2020
- CDC: Making Water Safe in an Emergency (cdc.gov/healthywater/emergency)

Important: General information only. Not a substitute for trained medical help or official instructions. Always follow local authorities and emergency services.

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